What is claimed is:

- 1. A pole reinforcing element comprising:
 - oppositely disposed geometric channels; and
- a web extending between and connecting to said oppositely disposed geometric channels, said web and said geometric channels being two to five meters in length and formed from a material having a thickness in the range of 3 mm to 12 mm.
- 2. The pole reinforcing element of claim 1, wherein the shape of the oppositely disposed geometric channels is cylindrical.
- 3. The pole reinforcing element of claim 1, wherein the shape of the oppositely disposed geometric channels is rectangular.
- 4. The pole reinforcing element of claim 1, wherein the shape of the oppositely disposed geometric channels is triangular.
- 5. The pole reinforcing element of claim 1, wherein the web extends from a top of the geometric channels to a mid point above a base of said geometric channels.
- 6. The pole reinforcing element of claim 1 wherein the web connects to the geometric channels in a plane bisecting the center of the geometric channels.
- 7. The pole reinforcing element of claim 1 wherein the web connects to the geometric channels in a plane offset from the center of the geometric channels.
- 8. The pole reinforcing element of claim 1 wherein the web connects to the geometric channels at a point tangential to the geometric channels.
- 9. The pole reinforcing element of claim 1 wherein the thickness of the material of the web is not equal to the thickness of the material of the geometric channels.
- 10. The pole reinforcing element of claim 4 wherein the rectangular shaped geometric channel is partially open at one of its vertices.
- 11. The pole reinforcing element of claim 1 wherein said web has a width in the range of 10 cm to 25 cm.
- 12. The pole reinforcing element of claim 9 wherein said geometric channels have a width in the range of between 6 cm to 15 cm.
- 13. The pole reinforcing element of claim 1 wherein said geometric channels have a width in the range of between 6 cm to 15 cm.
- 14. The pole reinforcing element of claim 1 wherein said geometric channels have a length in the range of 2 meters to 5 meters.

- 15. The pole reinforcing element of claim 1 wherein said geometric channels have a length in the range of 2.4 meters to 2.7 meters.
- 16. The pole reinforcing element of claim 12 wherein said web has a length in the range of 2 meters to 5 meters.
- 17. A pole reinforcing element comprising:

oppositely disposed hollow geometric channels two to five meters in length formed from structural steel having a shape selected from the group consisting of round, oval, square, rectangle and triangle; and

a web extending between and connecting to said oppositely disposed geometric channels, said web being two to five meters in length.

18. A method of reinforcing a utility pole comprising:

providing a utility pole reinforcing element having oppositely disposed hollow geometric channels two to five meters in length formed from structural steel having a shape selected from the group consisting of round, oval, square, rectangle and triangle and a web extending between and connecting to said oppositely disposed geometric channels, said web being two to five meters in length;

driving said utility pole reinforcing element into the ground leaving at least a portion of the pole reinforcing element extending above the ground proximate the utility pole; and

securing said pole reinforcing element to said utility pole with at least one strap, bolt or similar securement element.